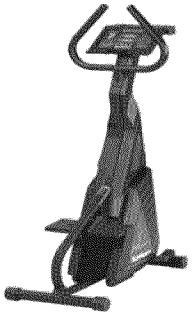
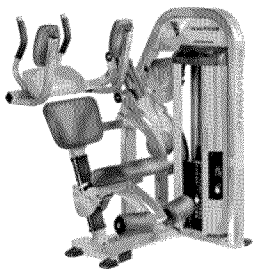
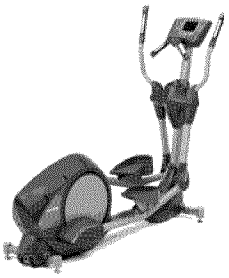
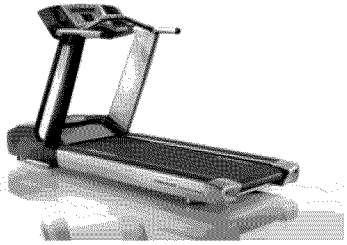
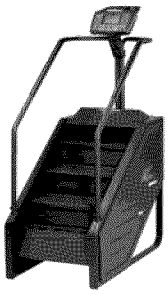
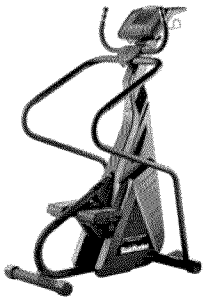
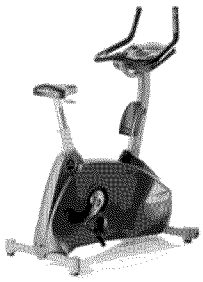
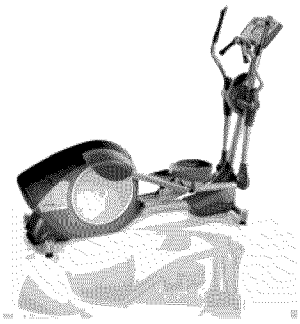
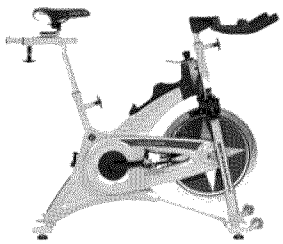
NAUTILUS Inc

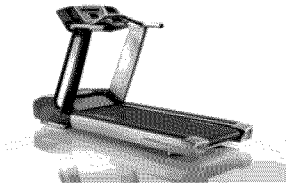
Preventative Maintenance Guide

Product Support Website: www.nautilus.com/support

Nautilus T9 Series Treadmills



Maintenance

Daily

- Inspect the power cord and walking belt for wear.
- Check the position of the walking belt. Verify it does not rub against the frame. Evenly space the belt on the deck within 0.25 inches of each side rail. Adjust the belt if necessary.
- Check the optional side handrails. Fasten them securely.
- Remove potential hazards from the treadmill area.

Cleaning

Clean the treadmill on a regular basis helps to improve operation and increase component lifespan.

Daily

- Keep the treadmill and controller free of dust and debris. Use a damp sponge to wipe the exteriors and walking belt. Do not soak surfaces. Dry all surfaces thoroughly.

⚠ Dry mop the deck under the belt only. Do not add any lubricants—adding lubricants can ruin the proprietary friction-control surface. Do not use detergents or cleaning agents on any part of the deck. Do not let liquid enter the treadmill or controller. If it does, have a Nautilus® approved technician inspect and test the equipment for safety by a before using it again.

Weekly

- Elevate the treadmill to maximum incline and vacuum the floor under it. This prevents excess dust and dirt from interfering with operation.
- If using the magnetic key, check it for rust. If you see rust, replace the magnet. Rust on the magnetic key causes power-up problems.

Treadmill Interior

⚠ Dangerous voltages are present under the treadmill hood. Use caution when performing service to the electrical components under the hood.

Depending upon the treadmill environment, dust and or lint can accumulate under the hood. Clean the interior of the treadmill by doing:

1. Turn the treadmill circuit breaker off. Unplug the treadmill power cord.
2. Remove the two screws on the treadmill hood.
3. Lift off the hood.
4. Clean inside the unit.
5. Reinstall the hood and the two screws.
6. Plug in the treadmill power cord and switch on the treadmill circuit breaker.

⚠ Do not overtighten the walking belt. Do not torque adjustment screws beyond 80 in-lbs (9 N-M) . Overtightening reduces the belt life and may damage the roller bearings.

Adjusting Belt Tension

Adjust the belt tension whenever the belt slips or moves unsteadily during operation.

1. Loosen the two adjustment bolts (See Figure 1).
2. With the walking belt loose, place two marks 35 inches (89 cm) apart on each side of the belt near the edge. The belt must be loose enough for you to move it from side-to-side on the front or rear roller (See Figure 2).
3. Turn the adjusting bolts clockwise in equal amounts until the marks are between 35-3/16 inches and 35-5/16 inches apart. Proper tension for the walking belt is between .5%–.6%. This equals six full turns of each adjustment bolt from the point where the belt begins to stretch.

   NOTICE: Do not exceed 35-5/16 inches.

4. Test the belt by running on the belt at about 4 mph. Hold the handrail lightly and resist the belt movement with your feet.

⚠ Do not use all your weight to resist the belt movement. Too much resistance applied too long (more than two seconds) may shut down the system. (Various error messages show on the display if this occurs. Cycle power to resume normal operation.)

5. If you feel the belt slip on the front roller, increase the tension of each adjustment bolt by 1/2 turn. Then retest. If you feel the belt slip again, check the tensioner adjustment.

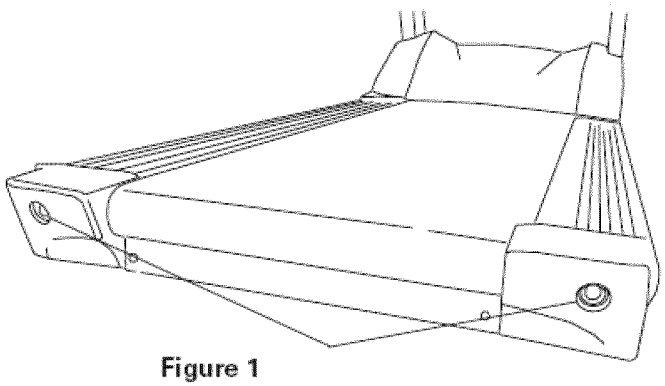


Figure 1

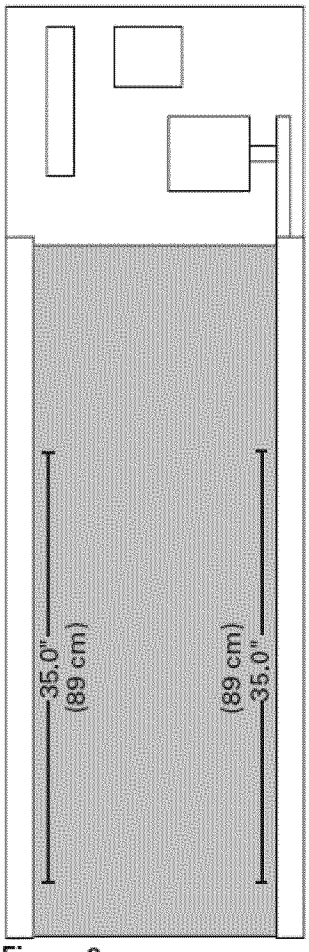


Figure 2

⚠ Do not cut the belt. Doing so can cause the rear roller to fall and snap the alignment pins on the end cap.

Adjusting Belt Tracking

Adjust the belt tracking whenever the belt moves to one side or the other. Stay off the belt when adjustments.

1. Start the treadmill at minimum speed and grade.
2. Increase speed to 6 mph. Make the following adjustment:
   - 2-1 If the belt moves to the right: turn the right adjustment bolt 1/4-turn clockwise.
   - 2-2 If the belt moves to the left: turn the left adjustment bolt 1/4-turn clockwise.
3. Run the treadmill for 5 minutes after making the initial adjustment. Observe how the belt tracks. If the belt continues to move away from the center, adjust the appropriate side until properly centered.

Maintenance

Routine Maintenance

Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the "Installation Instructions" section for details.

Cleaning

1. DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANERS ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastic®.

Inspection

1. **Frame:** Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Nautilus (call Customer Service for order information).

Checking the Battery Charge

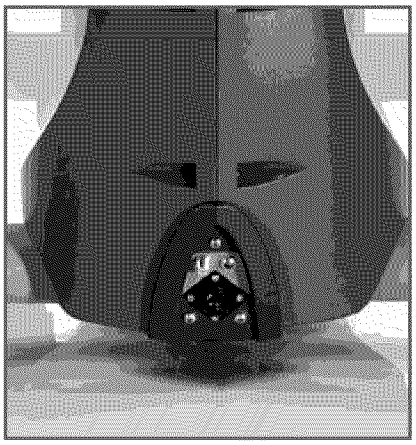
1. Using your multimeter, touch the red lead to the positive terminal of the battery and the black lead to the negative terminal.

2. If the voltage level is less than 6.1 VDC, charge the battery.

Recharging the Battery Back-Up

The Commercial Series U916 and R916 bikes are both self-powered (cordless) with a rechargeable battery back-up. Typically, the bike can be operated without plugging in the battery charger. If, however, the console flickers during operation or the console display does not light up while using the machine, then use the battery charger to recharge the battery back-up.

The battery charger is supplied with the unit and plugs into a standard 115 volt, 15 amp outlet, or a 220 volt, 15 amp outlet. (All major voltage plugs are available.) The plug-in for the battery charger is located in the front of the machine at the base.



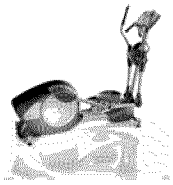
Battery charger plug-in

NOTE: If installing the optional LCD Monitor, refer to the NV915 installation manual at this time.

Plug the wall pack battery charger into the connector and charge the battery for approximately 24 hours and then recheck it. It is okay to use the machine while the battery charger is connected.

When the bike is not connected to an external power source, the console will power on as the user starts to pedal machine, and will stay lit for up to 60 seconds in pause mode. The console will power off after 60 seconds of stopping exercise.

If the bike is connected to an external power source, the console will power on automatically and stay on until power is disconnected.



Maintenance

Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the"Installation Instructions" section for details.

Cleaning

1. DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANERS ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastic®.

Inspection

1. **Frame**: Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Nautilus (call Customer Service for order information).

Checking the Battery Charge

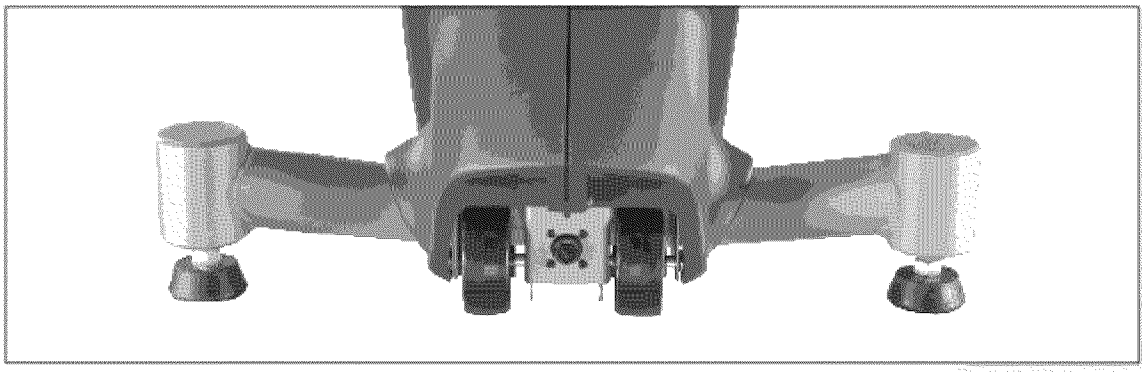
1. Using your multimeter, touch the red lead to the positive terminal of the battery and the black lead to the negative terminal.

2. If the voltage level is less than 6.1 VDC, charge the battery.

Recharging the Battery Back-Up

The Commercial Series EV916 and E916 elliptical are both self-powered (cordless) with a rechargeable battery back-up. Typically, the elliptical can be operated without plugging in the battery charger. If, however, the console flickers during operation or the console display does not light up while using the machine, then use the battery charger to recharge the battery back-up.

The battery charger is supplied with the unit and plugs into a standard 115 volt, 15 amp outlet. (all major voltage plugs are available) The plug-in for the battery charger is located in the rear of the machine at the base.



EV9.16 / E9.16 battery charger plug

Plug the wall pack battery charger into the connector and charge the battery for approximately 24 hours and then recheck it. It is okay to use the machine while the battery charger is connected.

The console will power on as user starts to pedal machine, and will stay lit for up to 60 seconds in pause mode. The console will power off after 60 seconds of stopping exercise.

Maintenance

Cleaning

1. UPHOLSTERY CLEANING AND PROTECTION

A. Keep pads free of perspiration at all times.

B. Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.

C. Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners. Nautilus Disinfectant Cleaner is an effective upholstery care product.

2. CLEANING AND CARE OF PAINTED SURFACES

A. Wipe painted surfaces with a damp cloth and car wax.

B. Let dry and buff with a dry cloth.

3. CLEANING AND CARE OF ABS PLASTIC SHIELDING

A. Clean with non-abrasive, non-chlorinated household cleaners.

B. Vacuum or wipe dust from recessed areas and surfaces

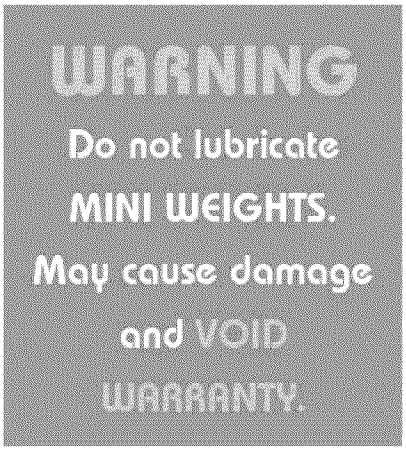
PART NUMBER 19-1175

QUIK FILL A-33
Detergent/Disinfectant Odor Counteractant

Lubrication

MOVING PARTS

A. To clean and lubricate guide rods, apply TFL#50 Wet Lubricant to a clean cloth then use to wipe rods.



PART NUMBER 19-1160

***TFL 50 Wet Lubricant**
Recommended for Nautilus Machines.

Stairmaster ClubTrack 2100 Series Treadmills

Maintenance

Routine Maintenance Schedules

Performing routine maintenance will help prevent unnecessary wear to the treadmill and/or injury to the user. The maintenance schedules are meant only to serve as a guide. Depending on where and how the treadmill is being used, more frequent routine maintenance may be required.

Daily

- Inspect the power cord and walking belt for wear.
- Check the position of the walking belt. Verify it is not rubbing against the frame. The belt should be evenly spaced on the deck within 0.25 inches. Adjust the belt if necessary.
- Check the optional side handrails to ensure they are fastened securely.
- Remove potential hazards from the treadmill area.

Cleaning

Keeping the StairMaster® 2100 LC/LE treadmill clean on a regular basis will help to improve operation and increase the lifespan of the components.

CAUTION

DRY MOP THE DECK UNDER THE BELT ONLY. DO NOT ADD ANY LUBRICANTS—ADDING LUBRICANTS CAN RUIN THE PROPRIETARY FRICTION-CONTROL SURFACE.
DO NOT USE DETERGENTS OR CLEANING AGENTS ON ANY PART OF THE DECK.
DO NOT LET LIQUID ENTER THE TREADMILL OR CONTROLLER. IF IT DOES, THE EQUIPMENT MUST BE INSPECTED AND TESTED FOR SAFETY BY A STAIRMASTER®-APPROVED TECHNICIAN BEFORE IT CAN BE USED AGAIN.

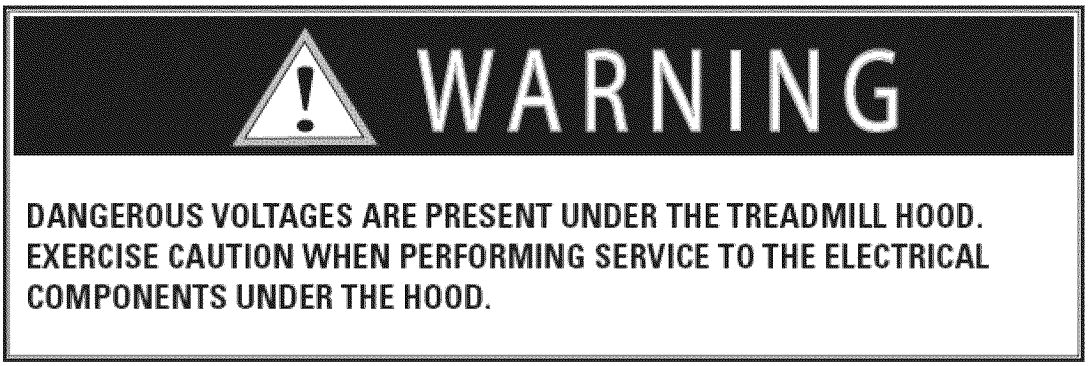
Daily

- Keep the treadmill and controller free of dust and debris. Use a damp sponge to wipe the exteriors and walking belt; do not soak surfaces. Dry all surfaces thoroughly.

Weekly

- Elevate the treadmill to maximum incline and vacuum the floor under it to prevent excess dust and dirt from interfering with operation.
- If the magnetic key is being used, check it for rust. If you detect rust, replace the magnet. Rust on the magnetic key will cause power-up problems.

Treadmill Interior


WARNING
DANGEROUS VOLTAGES ARE PRESENT UNDER THE TREADMILL HOOD. EXERCISE CAUTION WHEN PERFORMING SERVICE TO THE ELECTRICAL COMPONENTS UNDER THE HOOD.

Depending upon the treadmill environment, dust and or lint can accumulate under the hood. Clean the interior of the treadmill following the procedure below:

1 Turn the treadmill circuit breaker off, and unplug the treadmill power cord.

2 Remove the six (6) screws on the treadmill hood.

3 Lift off the hood.

4 Clean inside the unit.

5 Reinstall the hood and the six (6) screws.

6 Plug in the treadmill power cord, and switch on the treadmill circuit breaker.

Adjusting Belt Tension

WARNING

SECURE LONG HAIR AND LOOSE CLOTHING BEFORE WORKING NEAR THE TREADMILL WALKING SURFACE OR PULLEYS.

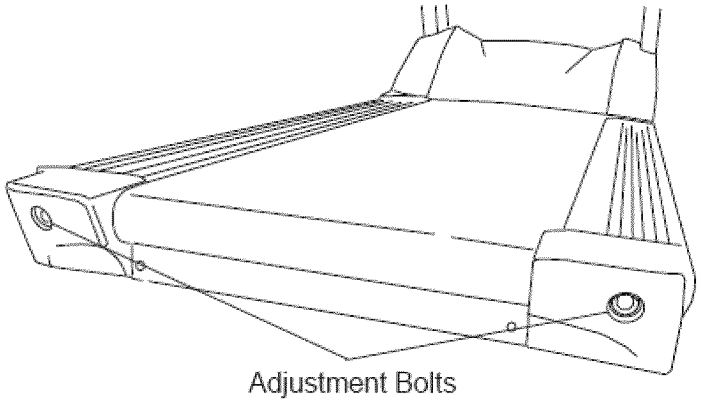
CAUTION

DO NOT USE ALL YOUR WEIGHT TO RESIST THE BELT MOVEMENT. TOO MUCH RESISTANCE APPLIED TOO LONG (MORE THAN TWO SECONDS) MAY SHUT DOWN THE SYSTEM. (VARIOUS ERROR MESSAGES WILL APPEAR IF THIS OCCURS. CYCLE POWER TO RESUME NORMAL OPERATION.)
DO NOT OVERTIGHTEN THE WALKING BELT. DO NOT TORQUE ADJUSTMENT SCREWS BEYOND 80 IN-LBS (9 N-M) MAXIMUM. OVERTIGHTENING THE BELT WILL REDUCE BELT LIFE AND DAMAGE THE ROLLER BEARINGS.

Maintenance

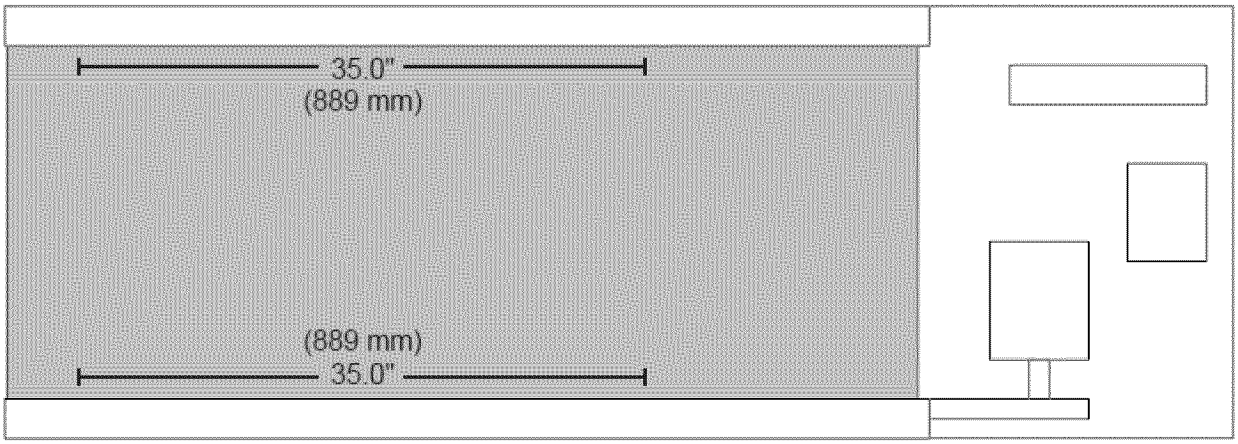
Adjust the belt tension whenever the belt slips or moves unsteadily during operation by following the steps below:

1 Start by loosening the two (2) adjustment bolts.



Adjustment Bolts

2 With the walking belt loose, place two marks 35 inches (889 mm) apart on each side of the belt near the edge. The belt must be loose enough for you to move it from side to side on the front or rear roller.



3 Turn the adjusting bolts clockwise by equal amounts until the marks are between 35-3/16 inches and 35-5/16 inches apart. Proper tension for the walking belt is between .5%–.6%. This should be about six full turns of each adjustment bolt from the point where the belt begins to stretch. Important: Do not exceed 35-5/16 inches.

4 Test the belt by running on the belt at about four mph. Hold the handrail lightly and resist the belt movement with your feet.

5 If you feel the belt slip on the front roller, increase the tension of each adjustment bolt by 1/2 turn and re-test. If you feel the belt slip again, check the tensioner adjustment.

Adjusting Belt Tracking

Perform this procedure whenever the belt moves to one side or the other. Stay off the belt when adjusting the tracking.

1 Start the treadmill at minimum speed and grade.

2 Increase speed to six mph, and make the following adjustment:

  2.1 If the belt moves to the right, turn the right adjustment bolt 1/4-turn clockwise.

  2.2 If the belt moves to the left, turn the left adjustment bolt 1/4-turn clockwise.

3 After making an initial adjustment, run the treadmill for five minutes and observe how the belt tracks. If the belt continues to move away from the center, adjust the appropriate side until properly centered.

Maintenance

HELPFUL HINTS

Read all maintenance instructions thoroughly before beginning work. In some cases, an assistant is required to perform the necessary tasks. The safety level given by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components shall be replaced immediately or the equipment shall be put out of use until it is repaired. All references to the right or left side and to the front or back are made as if you were on the machine ready to exercise.

PREVENTIVE MAINTENANCE

The procedures for performing the recommended preventive maintenance are summarized in Table 3. The schedule is based on normal usage in a commercial health club environment; adjust the schedule to meet actual machine usage. Refer to the "Parts Removal and Replacement" section of this Manual for all disassembly and assembly instructions.

WARNING

TO AVOID INJURY DUE TO SLIPPERY PEDAL SURFACES, DO NOT USE PETROLEUM-BASED CLEANERS OR ARMORALL-TYPE PROTECTANTS ANYWHERE ON THIS MACHINE OR THE FLOOR MATS.

Cleaning and Inspecting

1. DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANER ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior of your Stepmill® 7000 PT exercise system daily with soap and water.

3. Thoroughly clean the entire machine at least once a week.

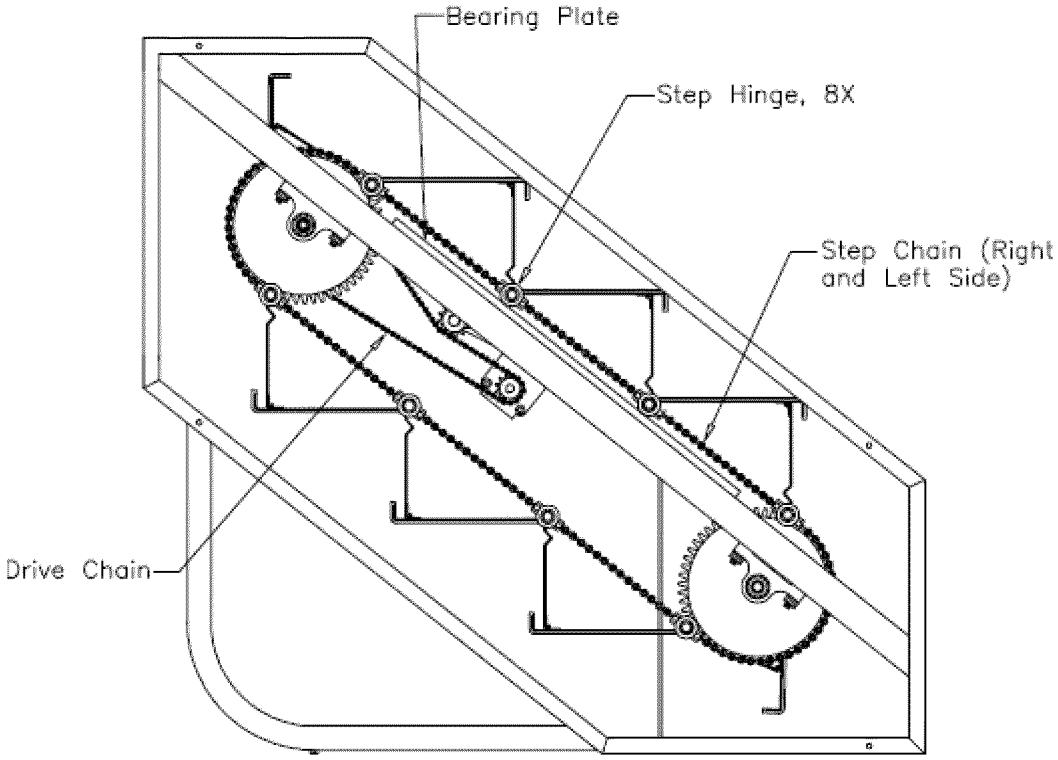
4. Inspect the painted surfaces of the exposed frame for any rust, bubbling or chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a rust-inhibitor paint. Contact our Customer Service Department at 800-331-3578 to order a touch-up paint kit.

5. Clean the step hinges carefully. Perspiration tends to accumulate in the hinges, and this can lead to eventual corrosion.

6. Inspect the Poly-V belt for excessive wear during the weekly cleaning. Adjust the belt tension if necessary.

Lubrication

The StairMaster® Stepmill® 7000 PT exercise system has six components that require periodic lubrication: the drive chain, the two step chains, the two bearing plates and the step hinges. These parts are shown in the figure below. You will need to remove the side covers to lubricate the chains and the bearing plates.



1. Place a protective mat on the floor while you are lubricating your machine. A rubber floor mat is available from StairMaster Health & Fitness Products, Inc.

2. Lubricate the chains monthly with 30W motor oil. Drip the oil onto the chain plates and rollers. Let the oil soak in for a few minutes and then remove any excess oil with a dry rag.

3. Remove the chains every three months to thoroughly clean and lubricate them. Use a mild degreaser and a stiff brush to remove dirt and corrosion from the chain. Read the instructions on the degreaser container before using.

4. Clean each bearing plate and lubricate it with multipurpose grease every three months. The plate is lubricated to reduce friction when the step shaft bearings roll over the plate.

5. Once per month, use 30W motor oil or brush light bearing grease into the step hinges to lubricate the hinges and to prevent corrosion. Wipe off all excess lubricant.

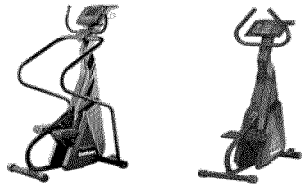
WARNING

TO REDUCE THE POSSIBILITY OF SLIPPING, BE SURE THE STEP AREA IS FREE OF GREASE OR OIL. WIPE ANY EXCESS OIL OFF THE MACHINE SURFACES.

Table 3. Recommended Preventive Maintenance Schedule

PART	RECOMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Exterior Surfaces	Clean	Daily	Soap & water	N/A
Console	Wipe Clean	Daily	Water	N/A
Poly-V Belt	Inspect and adjust if necessary	Weekly or after 70 hours of use	N/A	N/A
Step Chain Assembly	Lubricate	Monthly or after 300 hours of use	N/A	30W motor oil
	Clean and lubricate	Quarterly or after 900 hours of use	Mild degreaser	30W motor oil
Drive Chain	Lubricate	Weekly or after 70 hours of use	N/A	30W motor oil
	Clean and lubricate	Quarterly or after 900 hours of use	Mild degreaser	30W motor oil
Step Hinges	Lubricate	Monthly or after 300 hours of use	N/A	30W motor oil
Bearing Plate	Clean and lubricate	Quarterly or after 900 hours of use	Clean, dry rag	Multipurpose grease

*__Note__: Use of lubricants other than those so specified will result in diminished performance and a shorter life span for that part.



PREVENTIVE MAINTENANCE

Most of these preventive maintenance procedures can be performed after removing the mid-cover. The preventive maintenance schedule is summarized in Table 3. The schedule is based on normal usage in a commercial health club environment; adjust the schedule to meet actual machine usage. Refer to the "Parts Removal and Replacement" section for all disassembly and assembly instructions.

Cleaning

1. DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANERs ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior of the machine daily using soap and water or a diluted household cleaner such as Fantastic®.

3. Thoroughly clean the entire machine, including the interior, at least once a week (see Table 3).

Inspecting

1. Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces.

2. Inspect the Poly-V belt and HTD belts for excessive wear during the quarterly lubrication. Adjust the belt tension if necessary.

Lubrication

There are nine components that need periodic lubrication: the drive chain, the step chains, the pedal arm return springs, the step chain connection points, the pedal arm bushings, the leveling arm bushings, the spring pulley shafts, the pedal shafts and the leveling arm pins. These parts are shown in Figure 11, page 74. Remove the bottom cover to get to the components. If you have a 4600 PT/CL you will also need to remove the upper covers.

1. Place a protective mat on the floor while you lubricate your machine. A rubber floor mat is available from StairMaster® Health & Fitness Products, Inc.

2. Lubricate the drive chain and the step chains weekly. Try to penetrate the entire length of the chains with 30W motor oil.

3. Remove the drive chain and step chains every three months to thoroughly clean and lubricate them. Use a mild degreaser and a stiff brush to remove dirt and corrosion from the chains.

4. Unhook the pedal arm return springs from the spring hanger every week. To protect them from corrosion, wipe the entire length of each pedal arm return spring with a cloth dampened with 30W motor oil before reconnecting it. Replace the spring if it is rusty or otherwise damaged.

5. Remove the double pitch master link from the step chain connection points every three months. Clean the master link and the bushing in the pedal arm. Lubricate the master link and bushing with a thin coat of multi-purpose grease before reassembling.

6. Remove the pedal arms and leveling arms every three months. Clean the pedal arm and leveling arm shafts and bushings with a clean cloth. Protect the shafts from corrosion by wiping them with a cloth dampened with 30W motor oil.

⚠ WARNING

TO REDUCE THE POSSIBILITY OF SLIPPING, BE SURE THE PEDAL AREA IS FREE OF GREASE OR OIL. WIPE ANY EXCESS OIL OFF THE MACHINE SURFACES.

7. Remove the spring pulleys every three months. Clean the spring pulley shafts with a dry cloth. Protect the shafts from corrosion with a thin coat of multi-purpose grease before reassembling.

8. Remove the pedals every three months. Clean the pedal shaft and leveling arm pin with a dry cloth. Protect the pedal shaft and leveling arm pin from corrosion with a light coat of multi-purpose grease before reassembling.

Battery Charge

If you have a 4600/4400 CL, remove the bottom cover and check the battery voltage level every three months.

1. Using your multimeter, touch the red lead to the positive terminal of the battery and the black lead to the negative terminal.

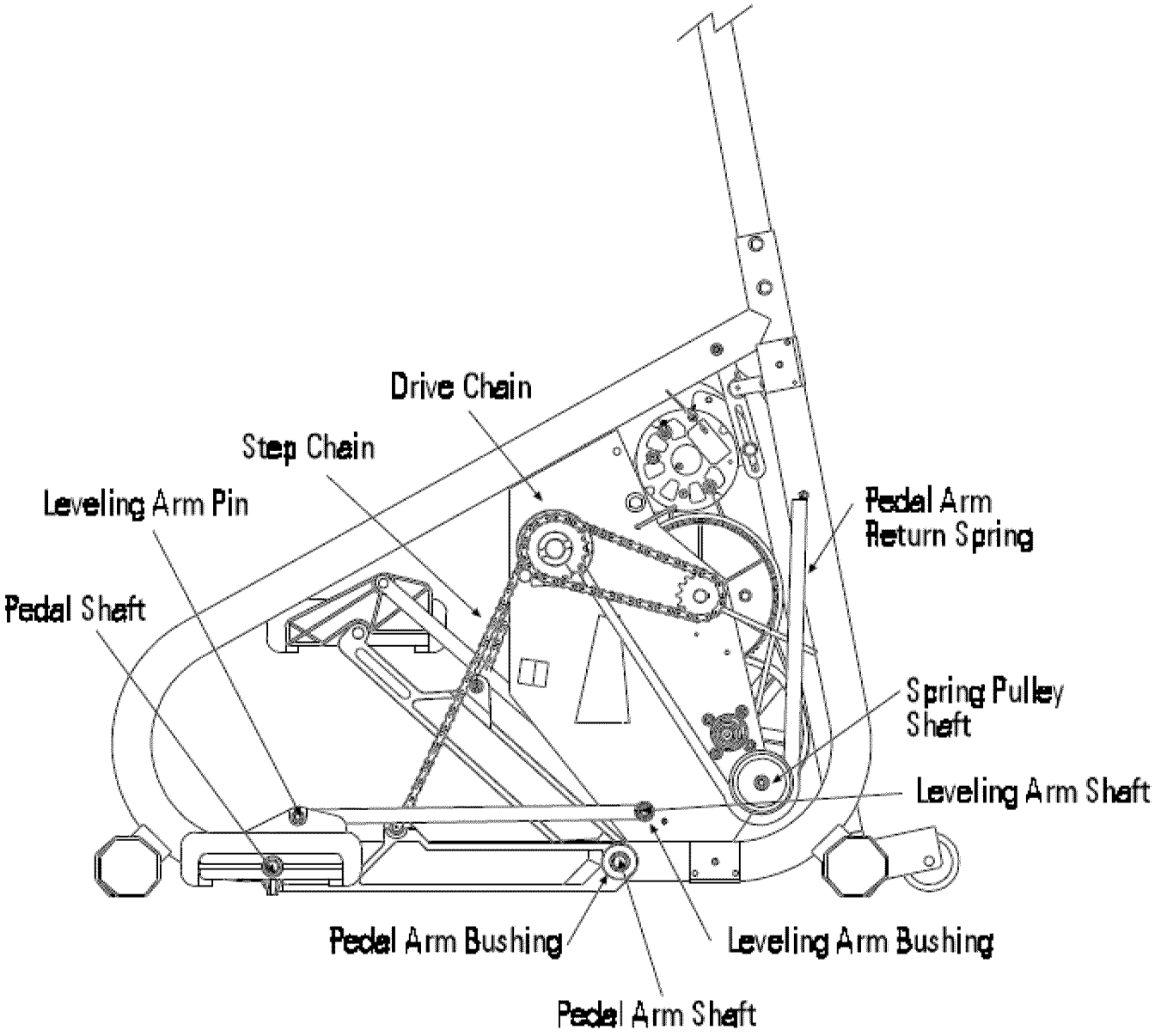
2. If the voltage level is less than 6.1 VDC, charge the battery. Plug the wall pack battery charger into the connector located near the bottom of the left bottom cover. Charge the battery for approximately 24 to 48 hours and then recheck it. It is okay to use the machine while the battery charger is connected.

Table 3: Recommended Preventive Maintenance Schedule

PART	RECOMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Console	Wipe Clean	Daily	Water	N/A
Covers	Clean and Inspect	Daily	Diluted household cleaner	N/A
Drive and Step Chains	Lubricate	Monthly or after 300 hours of use	N/A	30W motor oil
	Clean and lubricate	Quarterly or after 900 hours	Mild degreaser	30W motor oil
Step Chain Connection Points	Clean and lubricate	Every 3 months or after 900 hours	Clean, dry rag	Multi-purpose grease
Spring Pulley Shafts	Clean and lubricate	Every 3 months or after 900 hours	Clean, dry rag	Multi-purpose grease
Pedal Shafts and Leveling Arm Pins	Clean and lubricate	Every 3 months or after 900 hours	Clean, dry rag	Multi-purpose grease
Pedal Arm Springs	Inspect and wipe down	Each week or 70 hours	N/A	Clean, oil-dampened rag
Pedal Arm Shafts	Clean and lubricate	Every 3 months or after 900 hours	Clean, dry rag	30W motor oil
Battery	Check Voltage	Every 3 months or after 900 hours	N/A	N/A
Belts	Inspect & Adjust Tension	Every 3 months or after 900 hours	N/A	N/A

Note: Use of lubricants other than those specified will result in diminished performance and a shorter life span for that part.

Figure 11: Parts Needing Periodic Maintenance



Maintenance

PREVENTIVE MAINTENANCE

The procedures for performing recommended preventive maintenance on the Momentum systems cycle ergometer are summarized in Table 5.

Cleaning

1. DO NOT USE GLASS CLEANER OR ANY OTHER HOUSEHOLD CLEANERS ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior covers, the pedals, and the seat on a weekly basis using either soap and water or a diluted, non-mineral based household cleaner such as Fantastic®.

Weekly Inspection

1. **Frame**: Inspect the painted surfaces of the exposed frame for any rust, bubbling, or chips during the weekly cleaning. The salt in perspiration will damage unpainted surfaces. Repair the damaged area with a touch-up paint kit provided by StairMaster® Health & Fitness Products, Inc. (part number 22181).

2. **Pedals**: Inspect the pedal foot straps at both the inside and outside attachment sites. Replace the foot straps if they are torn or ripped.

3. **Seat**:
   3800 RC: Inspect the seat assembly movement to ensure that the seat moves freely on the seat track. Note that the center wheel on each side of the seat assembly is eccentric. These wheels are adjustable by loosening the nut, turning the wheel to adjust the height, and then tightnening the nut. If necessary, adjust these two wheels to allow the seat assembly to move freely on the seat track.

Monthly Inspection

1. **Pedal crank**: Inspect the crank bearings for either excessive play or tightness. Either condition will reduce the life of the bearings. Ensure the bearing clamps are tight. Refer to the "Part Removal and Replacement" section of this manual for the proper adjustment procedures.

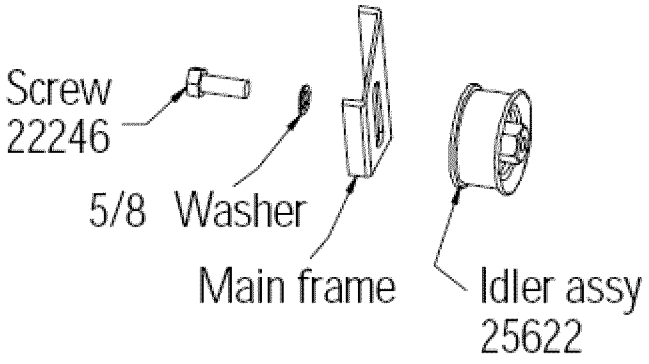
2. **Belts**: Inspect the HTD and Poly-V belt for excessive wear. Adjust the belt tension if necessary.
   HTD Belt**:** Adjust the HTD belt tension to allow 1/2" of belt deflection with fingertip pressure between the idler pulley and the HTD sprocket.

WARNING

THE BELTS MUST BE PROPERLY TENSIONED. A BELT THAT IS TOO TIGHT WILL CAUSE SLOW AND SLUGGISH OPERATION. A BELT THAT IS TOO LOOSE WILL CAUSE EXCESSIVE NOISE AND BELT WEAR.

To adjust the tension:

- Loosen the idler assembly screw so that the idler pulley can slide up and down.
- Slide the idler pulley up or down to tighten or loosen the belt.



- Once in position, tighten the idler assembly screw.
- Verify the HTD belt tension.

Poly-V belt: Make sure the belt is centered on the pulleys. To adjust the tension:

- Loosen the top alternator attachment screw and the alternator adjustment nut. Pivot the alternator up or down as necessary to allow .25" (0.6 cm) of belt deflection with fingertip pressure at the center of the vertical portion of either side of the belt.
- Tighten the top alternator attachment screw and the alternator adjustment nut. Verify .25" (0.6 cm) of play in the belt and .10" gap between speed sensor and the speed sensor disk.

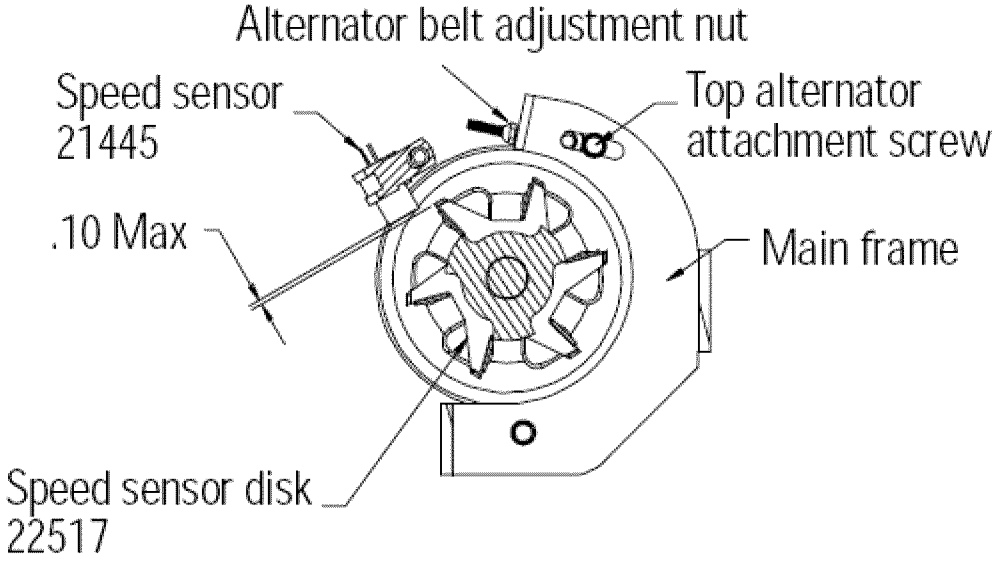
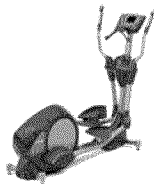


Table 5. Preventive Maintenance Schedule

PART	RECOMMENDED ACTION	FREQUENCY	CLEANER
Console	Wipe clean	Daily	Water
Covers	Wipe clean	Daily	Soap & water, diluted household cleaner
Seat	Clean	Each week, or after every 70 hours of use	Soap & water, diluted household cleaner
Pedals & footstraps	Clean & inspect	Each week, or after every 70 hours of use	Soap & water, diluted household cleaner
Seat post 3400 CE	Clean & inspect	Each week, or after every 70 hours of use	Clean, dry rag
Seat track 3800 RC	Clean & inspect	Each week, or after every 70 hours of use	Clean, dry rag
Crank bearings	Inspect	Each month, or 300 hours	N/A
Belts	Inspect	Each month, or 300 hours	N/A

Stairmaster ClubStride 5100NSL Elliptical



Maintenance

Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the"Installation Instructions" section for details.

Cleaning

1. DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANERS ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastic®.

Inspection

1. **Frame:** Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Nautilus (call Customer Service for order information).

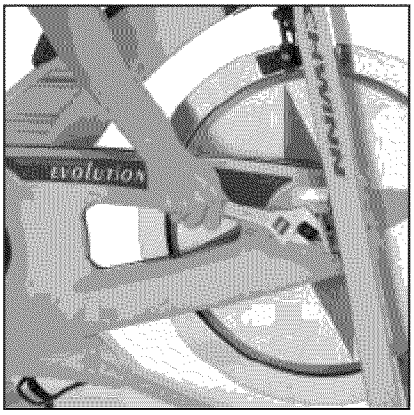
Maintenance

Use a damp cloth to wipe your Windrigger rower and computer free of sweat. IMPORTANT: To avoid damaging the finish on your Windrigger rower and computer, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the computer.

Maintenance

THE SCHWINN EVOLUTION BIKE MAINTENANCE

FIG. 11

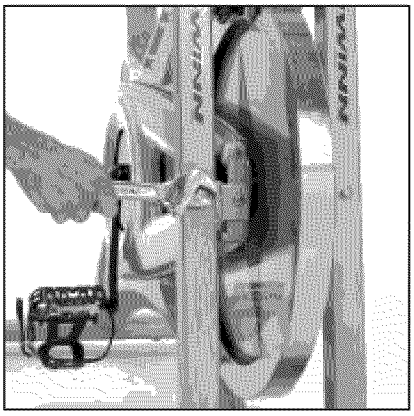


■ Daily maintenance

Dry the Schwinn Evolution Bike after each use to remove sweat and moisture. Wipe your Schwinn Evolution Bike regularly with a mild, non-abrasive cleaner and water solution. Rinse to remove detergent residue and then dry.

IMPORTANT! To avoid damaging the finish on your Schwinn Evolution Bike, never use a petroleum-based solvent when cleaning.

FIG. 12



■ Chain adjustment

The chain on your Schwinn Evolution Bike has been factory set and lubricated. It should not require an immediate attention. Over time however you may need to make minor tension adjustments.

1. With an adjustable wrench, loosen the two bolts on either side of the flywheel. (Fig. 11)

2. Tighten the two smaller nuts which go through the frame tube evenly by turning clockwise until there is approximately 3/16" of slack in the chain (Fig. 12).

3. Tighten the two larger nuts on the sides of the flywheel (Fig. 11).

Maintenance

Maintenance Records
For ease of maintenance the StepMill® SM916 console will keep track of hours, number of workouts, time between last servicing, etc. You can access any of the custom menus by pressing [LEVEL: UP], [4], [ENTER]. The console will then display MACHINE STATUS. Use the [Level: UP] and [Level: DOWN] keys to scroll through the options. For details, refer to the Machine Status Console Codes in the previous section.

Resetting the Maintenance Hour Timer
After each maintenance period reset the counter. Press [LEVEL: UP], [7], [ENTER]. Then use the Level keys to scroll through the options. When MAINT HOURS is displayed, press [ENTER]. Press the [0] key, then press [ENTER]. Press [CLEAR] to return to the opening screen.

Moving your StepMill® SM916

The StepMill® SM916 is delivered with attached transport wheels. These same transport wheels will be used whenever the machine needs to be relocated.

Note: 2 people are required to attach/remove the transport wheels and move or relocate the machine. The transport wheels are intended for indoor use only and should never be rolled on concrete or asphalt surfaces.

Initial Service
Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the Assembly Manual for details.

Cleaning

1. Do not use glass cleaners or any other household cleaners on the console. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.

The safety and performance of this product can be maintained only if it is inspected regularly for damage and wear.

Pay particular attention to components most susceptible to wear such as steps and lower side covers.

Remove any damaged machine from service and replace damaged components immediately.

Direct any question regarding mantenance or its function to a qualified Nautilus® Technician. For contact information please see the Important Contact Numbers page at the back of this manual.

2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastik®.

Maintenance Schedule

	Daily	Weekly	Monthly	Every 3 months	Comments
General Maintenance					
Check Safety & Warning Labels	X				
Spot Check Step Chains	X				
Alternator Belt Tension			X		Tension to 40-54 inlbs
Lubrication					
Drive Chains			Or every 300 hrs.		30W Oil
Step Hinges			X		30W Oil
Bearing Plate			X		Multi-Purpose grease
Cleaning					
Clean Console	X				Clean with a water dampened cloth and wipe dry after cleaning.
Clean Side Covers	X				Clean exterior with soap and water or a diluted household cleaner.

Inspection

1. Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Nautilus® (call Customer Service for order information).

Parts and Service

Regular and scheduled maintenance will prolong the life of your Nautilus® equipment. Only use genuine Nautilus® replacement parts. The Nautilus® Customer Service Team invites you to call in your order for replacement parts.

External Power Supply

The StairMaster® Commercial Series StepMill® SM916's external power supply is supplied with the unit and plugs into a standard 115 volt, 15 amp outlet, or a 220-240 volt 50 Hz, 10 amp outlet. (All major voltage plugs are available.) The plug-in for the external power supply is located on the underside of the machine.

Maintenance

IMPORTANT: If installing the optional LCD Monitor, refer to the NV915 installation manual at this time.

The console will power on and remain powered whenever the external power supply is connected.

Recycling

Do not dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal contact a Nautilus® Customer Service Representative.

If you have questions, contact the Customer Service Department at 800-NAUTILUS (800-628-8458), International Office (41) (26) 460 77 77 or refer to the Important Contact Numbers section in this manual.

Maintenance

Maintenance Records

For ease of maintenance the SC916 StairClimber console will keep track of hours, number of workouts, time between last servicing, etc. You can quickly access any of the custom menus by pressing [LEVEL: UP], [4], [ENTER]. The console will then display "MACHINE STATUS." Use the [Level: UP] and [Level: DOWN] keys to scroll through the options. For details, refer to the Machine Status Console Codes in the previous section.

Resetting the Maintenance Hour Timer

After each maintenance period reset the counter. Press [LEVEL: UP], [7], [ENTER]. Then use the Level keys to scroll through the options. When "MAINT HOURS" is displayed, press [ENTER]. Press the [0] key, then press [ENTER]. Press [CLEAR] to return to the opening screen.

Moving your SC916 StairClimber

Stand in front of the machine and grasp the handlebars. Pull down until the transport wheels are in contact with the ground.

Note: Do not push down on the plastic shroud with your feet when tilting the machine up to contact the transport wheels with the ground. Use the stabilizer bars instead, to avoid any damage to the plastic covers.

The machine can now be rolled on the transport wheels.

Note: The transport wheels are intended for indoor use only and should never be rolled on concrete or asphalt surfaces.

Initial Service

Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the Assembly Manual for details.

The safety and performance of this product can be maintained only if it is inspected regularly for damage and wear.

Pay particular attention to components most susceptible to wear such as Contact Heart Rate housing, Foot pedal pads and Lower side covers.

Remove any damaged machine from service and replace damaged components immediately.

Direct any question regarding mantenance or its function to a qualified Nautilus Technician. For contact information please see the Important Contact Numbers page at the back of this manual.

Maintenance Schedule

	Daily	Weekly	Monthly	Every 3 mos.	Comments
General Maintenance					
Check Safety & Warning Labels	X				
Spot Check Step Chains	X				
Alternator Belt Tension			X		Tension to 30-45 inlbs
Lubrication					
Drive and Step Chains			Or every 300 hrs.		30W Oil
Leveling and Pedal Arm Shafts				Or every 900 hrs	Multi-Purpose grease
Spring Pulley and Pedal Shafts				Or every 900 hrs	Multi-Purpose grease
Cleaning					
Clean Console	X				Clean with a water dampened cloth and wipe dry after cleaning.
Clean Lower Side Covers	X				Clean exterior with soap and water or a diluted household cleaner.
Clean and Lubricate Pedal Springs		X			Clean, then wipe with lightly oil soaked rag.

Cleaning

1. Do not use glass cleaners or any other household cleaners on the console. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.
2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastic®.

Inspection

1. Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Nautilus® (call Customer Service for order information).

Parts and Service

Regular and scheduled maintenance will prolong the life of your Nautilus® equipment. Only use genuine Nautilus® replacement parts. The Nautilus® Customer Service Team invites you to call in your order for replacement parts.

Maintenance

Checking the Battery Charge

1. Using your multimeter, touch the red lead to the positive terminal a diluted, non-min of the battery and the black lead to the negative terminal.
2. If the voltage level is less than 6.1 VDC, charge the battery.

Charging the Battery Back-Up

The StairMaster® Commercial Series SC916 StairClimber is selfpowered (cordless) with a rechargeable battery back-up. Typically, the StairClimber can be operated without plugging in the external power supply. If, however, the console flickers during operation or the console display does not light up while using the machine, then use the external power supply to recharge the battery back-up.

The external power supply is supplied with the unit and plugs into a standard 115 volt, 15 amp outlet, or a 220 volt, 10 amp outlet. (All major voltage plugs are available.) The plug-in for the external power supply is located in the front of the machine at the base.

IMPORTANT: If installing the optional LCD Monitor, refer to the NV915 installation manual at this time.

Plug the wall pack external power supply into the connector and charge the battery for approximately 24 hours and then recheck it. It is okay to use the machine while the external power supply is connected.

The console will power on as user starts to move the pedals of the machine, and will stay lit for up to 60 seconds in pause mode. The console will power off after 60 seconds of stopping exercise. The console will power on and remain powered whenever the external power supply is connected.

Battery Disposal

When ordering new batteries, you will need to properly dispose of (recycle) your old lead-acid batteries. Most federal and state regulations require lead-acid batteries to be recycled. Do not throw away old batteries. Lead is a toxic heavy metal, hazardous to living organisms.